

COMMUNITY RESOURCES

Tenancy Preservation Program

For tenants at risk of eviction
Hampden County: 413.233.5353
Hampshire County: 413.584.2003
Franklin County: 413.772.5636

Highland Valley Elder Services

1.800.322.0551 or 413.586.2000

Greater Springfield Senior Services

1.800.649.3641 or 413.781.8800

Franklin County Home Care

1.800.732.4636 or 413.773.5555

Western Mass Elder Care

413.538.9020

Western Mass Legal Services

1.800.639.1309

Hampden County: 413.536.2420

Hampshire County: 413.584.4034

Franklin County: 413.774.3747

Mass. Department of Public Health

Western Regional Office, Northampton
413.586.7525

Mass. Society for the Prevention of Cruelty to Children Outreach Team

413.747.0066

City or Town Services

Local Board of Health, Council on Aging or
Veteran's Agent

BOOKS

Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding

Tolin, D.F., Frost, R.O., & Steketee, G. (2007)
New York: Oxford University Press.

**Compulsive Hoarding and Acquiring:
Therapist Guide** Steketee, G. & Frost, R.O.
(2007) New York: Oxford University Press.

**Compulsive Hoarding and Acquiring:
Workbook** Steketee, G. & Frost, R.O.
(2007) New York: Oxford University Press.

Overcoming Compulsive Hoarding: Why You Save and How You Can Stop

Neziroglu, F., Bubrick, J., Yaryura-Tobias,
J.A. (2004) New York: New Harbinger.

WEB RESOURCES

www.ocfoundation.org: Hoarding web site
by Dr. Randy Frost & Dr. Gail Steketee
http://understanding OCD.tripod.com/index_hoarding.html: Understanding Hoarding
www.anxietyandstress.com/system/hoarding/: The Anxiety and Stress
Disorders Institute of Maryland, LLP
<http://www.mahb.org/learningcenter.htm>
1 hour e-course on hoarding
www.mass.gov/legis/laws/mgl/111-127a.htm
Massachusetts law governing sanitary codes,
Chapter 111, Sec. 127
www.childrenofhoarders.com Growing up in
a cluttered home
www.la4seniors.com/hoarding.htm Los
Angeles County Dept. of Mental Health

ANIMAL HOARDING

www.hsus.org/pets/issues_affecting_our_pets/behind_closed_doors_the_horrors_of_animal_hoarding.html Behind Closed Doors: The
Horrors of Animal Hoarding – The Humane
Society of the United States
www.peta.org/mc/factsheet_display.asp?ID=27 Animal Hoarders: The Illness and the
Crime (PETA)
www.tufts.edu/vet/cfa/hoarding/index.html
Hoarding of Animals Research Consortium
(Tufts University)

COMPULSIVE CLUTTERING RESOURCE GUIDE

**Offering education,
information, and treatment
options for people who have
too much clutter**

*A journey of a thousand miles
begins with a single step.*

Lao-Tzu

PRODUCED BY THE HOARDING TASK FORCE
SERVING HAMPSHIRE, HAMPDEN
& FRANKLIN COUNTIES

*The Hoarding Task Force seeks to develop a
coordinated response among community agencies
to the problem of hoarding including providing
information, referral resources and community
programming designed to effectively deal with
this problem in a sensitive and responsible
fashion.*

March 2007

What is compulsive cluttering?

Compulsive cluttering is the acquiring of and failure to discard possessions that appear to be useless or of limited value. Living spaces become so cluttered that their use is impaired or impossible and the person suffers significant distress or impairment in functioning as a result of the clutter.

What is the difference between clutter and hoarding?

Clutter becomes a problem when spaces in the home cannot be used for their intended purpose (ex. stove cannot be used for cooking), or possessions pose a health or safety hazard and jeopardize a tenancy. Hoarding is behavior where items that appear to be worthless are collected and saved. The hoarder sees a value in the item and is certain that there's a use for it. Discarding items is seen as wasteful. The person may display an extreme emotional attachment to the items collected and to part with them would cause significant anxiety and distress.

What issues face people who have clutter problems?

A clutterer may have feelings of anxiety, shame, helplessness and isolation. They feel overwhelmed by their clutter, are unable to or unwilling to sort through it. They oftentimes are dealing with anger, disapproval or frustration from family and friends as well as pressure to reduce

the amount of clutter. Severe clutter threatens the health and safety of affected individuals, their families, neighbors and the general public. It can result in expensive and emotionally devastating evictions or other court actions, hospitalizations and homelessness.

Home safety concerns include fire; lack of clear pathways to get around in the space; risk of falling; home structural issues, difficulty or inability for emergency personnel to enter.

Where can I go for help?

Help can begin by identifying those resources most suitable. The ones listed in this pamphlet can be a starting point.

- Local support groups
- Case Management services
- Intervention by state or local mental health or public health agencies
- Legal aid for eligible clients

Treatment may be covered under a health insurance policy or through MassHealth.

If a service agency is contacted, they may perform a risk assessment once allowed in the house. Often, remedial action is limited to things identified as a health or safety risk and only those areas where clutter is problematic are targeted.

TREATMENT, SUPPORT GROUPS, COUNSELING & CLINICIANS

- **Psychological Services Center**
UMass, Amherst; 413.545.0041
psc@psych.umass.edu. Offering both group and individual treatment.
- **ServiceNet**, Northampton; treatment covered by client's health insurance.
413.585.1328
- **Local Support Groups**: weekly meetings, 413.733.0999 for information.
- **Clutterer's Anonymous**
Springfield: 413.737.7630
Northampton: 413.367.2755
- **Anxiety Disorders Center**, Institute of Living, Hartford Hospital, 860.545.7685; ongoing study
www.instituteofliving.org/adsc
- Lilly Gaev, LCSW, Cognitive Behavioral Therapist
Northampton: 413.584.6005
Longmeadow: 413.567.5533
- Dr. Edward Plimpton, PhD.
Amherst: 413.253.1482
- Alan Seigel, LICSW, BCD Behavioral Health Associates, 413.794.7035, x 1
- Ellen Shaw-Smith, MSW, LICSW
Northampton area: 413-658-5122